



Snapshot of Learning

Hungry tummies: Lunch times at kindy

Date – Week 3, Term 1

Educator - Suzanne

This snapshot of learning is written to share information with you about lunch times at kindy. We have two lunch sittings at 12 noon and 12:30pm. At 12 noon we gather half the children together. With educator help the children apply their sunscreen so they are ready for outside play in the afternoon then head off to wash their hands for lunch.

Prior to lunch educators have been noting those children who have expressed that they are hungry and we now know those children who need a little longer to eat so we will offer lunch to these children first. While the first group of children eat the other children have a small group together. At the end of group time the second group apply their sunscreen and wash their hands ready for lunch and the first group return to have a group time.

12 noon	Half children eat lunch	Half children have a small group
12:30 pm	Move into group time	Move off to eat lunch

After washing their hands the children collect their lunch box and drink bottle and move through to the tables in the Occasional Care room which is where we sit for lunch. Jo and another educator work with the children over lunch and we see this as a valuable teaching time. Educators encourage the children to eat their healthy foods first and assist children to open their foods but promote independence by encouraging them you try opening their own yoghurts, containers and wrappings. Educators also support the children socially and have wonderful conversations during this time. The kindergarten team have their lunch breaks during this time too.



At the end of lunch each child packs their lunchbox into their locker, puts their drink bottle away and goes inside for rest and/or relaxation play. During this play time inside we turn off a number of lights and this small change is an indicator that we play quietly. There are quiet activities to play and cushions to rest on if children are tired.



Extra information:

- The tables are cleaned before lunch and between each sitting.
- Educators are vigilant in ensuring all children's lunchboxes are free from foods that pose a risk to others and that children with allergies are supervised closely.
- Children are encouraged to recycle their packaging where possible and place food scraps into our compost bin.
- Children are expected to remain seated when eating.
- Educators remind children that they can ask to have their water bottles re-filled.
- Educators can only encourage the children to eat the food they have been provided. If a child is not hungry we support them to pack up their food and take unfinished food home so you know how much they have eaten.

We hope this information is helpful in understanding how lunch times happen at kindy. If you have any questions about your child's eating or information that will help us support them please speak to one of our educators.

EYLF OUTCOMES

- Children have a strong sense of identity
- Children are connected with and contribute to their world
- Children have a strong sense of wellbeing
- Children are confident and involved learners
- Children are effective communicators.